



# GO

## Eat anytime

Go foods can be eaten almost anytime and include fruits and vegetables.



# SLOW

## Eat sometimes

Slow foods may be higher in fat, sugar, sodium and calories.



# WHOA

## Eat once in a while

Whoa foods are the highest in unhealthy fat and added sugars.



### GO FOODS

Frequency: all meals

- Fresh, frozen or canned vegetables without any added fat or sauces
- All fresh, frozen, canned (in juice) fruits
- Whole grains
- Lean meat like chicken, turkey and tuna
- Low fat yogurt or cheese
- Egg whites

### SLOW FOODS

Frequency: 1-2 times a day

- Vegetables with added fat or sauces
- 100% Juice
- Fruit canned in light syrup
- Baked fries
- Baked chicken nuggets
- Dried Fruits
- Processed Cheese

### WHOA FOODS

Frequency: 1-2 times a week

- Pre-fried foods, like fish sticks
- Fruit canned in heavy syrup
- Waffles and pancakes with syrup
- Processed meats, hot dogs
- Muffins

**Making smart and healthy food choices is as easy as Go, Slow, Whoa.**

Learning the difference between foods they can have every day and foods that should be special treats can help grow healthy kids and help children establish lifelong healthy habits.

# GO, SLOW, WHOA Foods

Look at the food choices below.

Using a green, yellow and red crayon, color each food item to match if they are a GO FOOD = Green, SLOW FOOD = Yellow or WHOA FOOD = Red.

